

USDA National Nutrient Database for Standard Reference, Release 24

Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	62.28
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.51
19087	Candies, white chocolate	170	1 cup	54.55
19080	Candies, semisweet chocolate	168	1 cup	50.40
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	46.57
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	37.39
01164	Cheese sauce, prepared from recipe	243	1 cup	36.26
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	36.02
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	33.40
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	33.01
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	32.47
01036	Cheese, ricotta, whole milk	246	1 cup	31.93
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	31.00
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	30.93
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	29.45
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	28.60
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	28.35
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	27.98
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	27.36
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	27.24
18325	Pie, pecan, prepared from recipe	122	1 piece	27.08
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	26.97
01095	Milk, canned, condensed, sweetened	306	1 cup	26.62
06166	Sauce, homemade, white, medium	250	1 cup	26.58
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	26.56
21043	Fast foods, clams, breaded and fried	115	3/4 cup	26.40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	25.76
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.35
21024	Fast foods, french toast sticks	141	5 sticks	25.01
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	24.75
21015	Fast foods, danish pastry, cheese	91	1 pastry	24.62
19061	Snacks, trail mix, tropical	140	1 cup	23.94
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	23.89
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	23.89
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	23.50
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	23.17
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	22.69
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	22.29
18309	Pie, cherry, prepared from recipe	180	1 piece	21.96
18310	Pie, chocolate creme, commercially prepared	113	1 piece	21.92
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	21.72
14347	Shake, fast food, vanilla	333	16 fl oz	21.71
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	21.60

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12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	21.57
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	21.08
18444	Pie, fried pies, cherry	128	1 pie	20.61
18319	Pie, fried pies, fruit	128	1 pie	20.61
11414	Potato salad, home-prepared	250	1 cup	20.50
12142	Nuts, pecans	28.35	1 oz (20 halves)	20.40
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	20.40
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	19.95
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.68
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	19.62
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	19.55
11370	Potatoes, hashed brown, home-prepared	156	1 cup	19.53
01037	Cheese, ricotta, part skim milk	246	1 cup	19.46
12147	Nuts, pine nuts, dried	28.35	1 oz	19.38
18302	Pie, apple, prepared from recipe	155	1 piece	19.38
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	19.05
15128	Fish, tuna salad	205	1 cup	18.98
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18.95
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	18.90
18324	Pie, pecan, commercially prepared	113	1 piece	18.86
21074	Fast foods, enchilada, with cheese	163	1 enchilada	18.84
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	18.83
21023	Fast foods, french toast with butter	135	2 slices	18.77
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	18.63
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	18.60
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	18.49
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	18.48
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	18.28
22970	Macaroni and cheese, frozen entree	283	1 package	18.14
18147	Cheesecake commercially prepared	80	1 piece	18.00
11658	Spinach souffle	136	1 cup	17.61
18306	Pie, blueberry, prepared from recipe	147	1 piece	17.49
12120	Nuts, hazelnuts or filberts	28.35	1 oz	17.22
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	17.20
16008	Beans, baked, canned, with franks	259	1 cup	17.02
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.94
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	16.65
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	16.46
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	16.38
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	16.27
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	16.16
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	16.02
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	15.94
21017	Fast foods, danish pastry, fruit	94	1 pastry	15.93
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	15.91
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.70

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21026	Fast foods, potatoes, hashed brown	72	1/2 cup	15.59
18245	Danish pastry, cheese	71	1 danish	15.55
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.51
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15.43
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	15.31
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	15.29
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	15.15
12104	Nuts, coconut meat, raw	45	1 piece	15.07
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	15.05
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	14.97
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	14.88
19078	Baking chocolate, unsweetened, squares	28.35	1 square	14.83
21083	Fast foods, taco salad	198	1-1/2 cups	14.77
07069	Salami, cooked, beef and pork	56.7	2 slices	14.69
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	14.68
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.59
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	14.58
21118	Fast foods, hotdog, plain	98	1 sandwich	14.54
18327	Pie, pumpkin, prepared from recipe	155	1 piece	14.42
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	14.35
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	14.25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	14.22
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	14.21
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	14.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	14.10
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	14.08
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	14.08
12061	Nuts, almonds	28.35	1 oz (24 nuts)	14.01
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	14.01
04582	Oil, canola	14	1 tbsp	14.00
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	13.99
07008	Bologna, beef and pork	56.7	2 slices	13.94
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	13.92
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.91
20113	Noodles, chinese, chow mein	45	1 cup	13.84
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	13.76
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	13.74
18316	Pie, coconut custard, commercially prepared	104	1 piece	13.73
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	13.70
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	13.60
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	13.60
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	13.60
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	13.60
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	13.60

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04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	13.60
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	13.59
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	13.54
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	13.52
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	13.50
04053	Oil, olive, salad or cooking	13.5	1 tbsp	13.50
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.44
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.40
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	13.16
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	13.14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	13.14
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	13.05
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	12.96
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	12.87
18308	Pie, cherry, commercially prepared	117	1 piece	12.87
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	12.85
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	12.83
22905	Beef stew, canned entree	232	1 cup	12.83
04002	Lard	12.8	1 tbsp	12.80
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	12.80
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	12.71
13348	Beef, cured, corned beef, canned	85.05	3 oz	12.70
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	12.62
07022	Frankfurter, beef, unheated	45	1 frank	12.51
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	12.48
07023	Frankfurter, beef and pork	45	1 frank	12.44
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	12.40
14346	Shake, fast food, chocolate	333	16 fl oz	12.32
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	12.18
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.14
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	12.10
19089	Ice creams, vanilla, rich	74	1/2 cup	11.99
18239	Croissants, butter	57	1 croissant	11.97
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	11.97
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.87
18305	Pie, blueberry, commercially prepared	117	1 piece	11.70
21088	Tostada with guacamole	130.5	1 tostada	11.63
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	11.54
05292	Turkey patties, breaded, battered, fried	64	1 patty	11.52
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	11.52
01145	Butter, without salt	14.2	1 tbsp	11.52
01001	Butter, salted	14.2	1 tbsp	11.52
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.46

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06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	11.46
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	11.44
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	11.41
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	11.40
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	11.38
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	11.36
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	11.34
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.33
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	11.32
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	11.31
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	11.31
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	11.30
05277	Chicken, canned, meat only, with broth	142	5 oz	11.29
11672	Potato pancakes	76	1 pancake	11.22
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	11.18
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	11.18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	11.07
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	11.04
35142	Frybread, made with lard (Navajo)	90	5" bread	11.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	10.97
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	10.96
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10.92
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	10.89
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	10.77
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	10.69
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	10.69
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	10.67
01057	Eggnog	254	1 cup	10.64
18326	Pie, pumpkin, commercially prepared	109	1 piece	10.63
18367	Waffles, plain, prepared from recipe	75	1 waffle	10.58
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	10.54
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.52
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	10.51
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	10.49
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	10.44
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	10.37
21129	Fast foods, hush puppies	78	5 pieces	10.34
19411	Snacks, potato chips, plain, salted	28.35	1 oz	10.32
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	10.17
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	10.09
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	10.09
27042	Soup, clam chowder, new england, canned, ready-to-serve	254	1 cup	10.01

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18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	9.84
18320	Pie, lemon meringue, commercially prepared	113	1 piece	9.83
04133	Salad dressing, french, home recipe	14	1 tbsp	9.83
21127	Fast foods, coleslaw	99	3/4 cup	9.81
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	9.81
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	9.78
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	9.76
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	9.74
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	9.61
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	9.57
01111	Milk shakes, thick vanilla	313	11 fl oz	9.48
07065	Pork and beef sausage, fresh, cooked	26	2 links	9.43
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	9.40
01009	Cheese, cheddar	28.35	1 oz	9.40
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	9.28
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	9.27
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	9.23
01007	Cheese, camembert	38	1 wedge	9.22
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.19
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.18
18151	Cookies, brownies, commercially prepared	56	1 brownie	9.13
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	9.03
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	9.02
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	9.01
19071	Candies, carob, unsweetened	28.35	1 oz	8.89
19041	Snacks, pork skins, plain	28.35	1 oz	8.87
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	8.82
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	8.82
01013	Cheese, cottage, creamed, with fruit	226	1 cup	8.70
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	8.69
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.64
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	8.64
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	8.63
21033	Fast foods, sundae, hot fudge	158	1 sundae	8.63
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	8.62
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	8.60
05306	Poultry food products, ground turkey, cooked	82	1 patty	8.53
01030	Cheese, muenster	28.35	1 oz	8.52
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	8.51
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	8.51
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.48
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	8.48
15111	Fish, swordfish, cooked, dry heat	106	1 piece	8.41
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	8.37

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21042	Fast foods, chili con carne	253	1 cup	8.27
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.27
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	8.20
01004	Cheese, blue	28.35	1 oz	8.15
01110	Milk shakes, thick chocolate	300	10.6 fl oz	8.10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	8.06
16098	Peanut butter, smooth style, with salt	16	1 tbsp	8.06
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	8.05
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8.02
16097	Peanut butter, chunk style, with salt	16	1 tbsp	7.99
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	7.97
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7.94
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	7.93
01040	Cheese, swiss	28.35	1 oz	7.88
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	7.83
18090	Cake, boston cream pie, commercially prepared	92	1 piece	7.82
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	7.82
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.82
21077	Fast foods, frijoles with cheese	167	1 cup	7.78
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	7.74
22904	Chili con carne with beans, canned entree	222	1 cup	7.70
07064	Pork sausage, fresh, cooked	27	1 patty	7.66
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	7.55
01035	Cheese, provolone	28.35	1 oz	7.55
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	7.54
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	7.41
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	7.39
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.38
07064	Pork sausage, fresh, cooked	26	2 links	7.37
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	7.37
18243	Croutons, seasoned	40	1 cup	7.32
07024	Frankfurter, chicken	45	1 frank	7.29
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	7.27
19270	Ice creams, chocolate	66	1/2 cup	7.26
19095	Ice creams, vanilla	66	1/2 cup	7.26
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	7.25
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	7.17
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	7.10
01044	Cheese, pasteurized process, swiss	28.35	1 oz	7.09
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	7.03
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	7.02
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	6.99
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	6.98
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	6.96

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01128	Egg, whole, cooked, fried	46	1 large	6.83
11399	Potato puffs, frozen, oven-heated	79	10 puffs	6.81
15111	Fish, swordfish, cooked, dry heat	85	3 oz	6.74
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	6.72
01132	Egg, whole, cooked, scrambled	61	1 large	6.70
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.69
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	6.62
20033	Oat bran, raw	94	1 cup	6.61
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	6.58
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.58
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	6.57
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.53
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	6.51
01031	Cheese, neufchatel	28.35	1 oz	6.46
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.34
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	6.30
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	6.27
22247	Macaroni and Cheese, canned entree	252	1 cup	6.20
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	6.20
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	6.17
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	6.16
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	6.06
01019	Cheese, feta	28.35	1 oz	6.03
01048	Cheese spread, pasteurized process, American	28.35	1 oz	6.02
07072	Salami, dry or hard, pork, beef	20	2 slices	6.01
18023	Bread, cornbread, dry mix, prepared	60	1 piece	6.00
19422	Snacks, potato chips, reduced fat	28.35	1 oz	5.90
12147	Nuts, pine nuts, dried	8.6	1 tbsp	5.88
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	5.88
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	5.79
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	5.69
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	5.68
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	5.63
19015	Snacks, granola bars, hard, plain	28.35	1 bar	5.61
18120	Cake, pound, commercially prepared, butter	28	1 piece	5.57
01053	Cream, fluid, heavy whipping	15	1 tbsp	5.55
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	5.54
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.53
01123	Egg, whole, raw, fresh	58	1 extra large	5.52
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	5.49
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5.47
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	5.46
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	5.38
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.31

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	5.29
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	5.23
19183	Puddings, chocolate, ready-to-eat	113	4 oz	5.20
18280	Muffins, corn, dry mix, prepared	50	1 muffin	5.10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	5.07
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.05
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5.01
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	5.01
01017	Cheese, cream	14.5	1 tbsp	4.96
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.96
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.92
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.90
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	4.90
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4.88
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	4.84
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	4.83
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	4.82
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	4.79
18279	Muffins, corn, commercially prepared	57	1 muffin	4.79
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	4.76
01123	Egg, whole, raw, fresh	50	1 large	4.76
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	4.75
01131	Egg, whole, cooked, poached	50	1 large	4.74
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	4.73
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.70
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	4.68
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.68
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	4.65
01052	Cream, fluid, light whipping	15	1 tbsp	4.64
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	4.62
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.55
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	4.53
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	4.53
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	4.51
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.51
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	4.43
01125	Egg, yolk, raw, fresh	16.6	1 large	4.41
19218	Puddings, tapioca, ready-to-eat	113	4 oz	4.38
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.38
09038	Avocados, raw, California	28.35	1 oz	4.37
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4.32
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	4.31

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Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4.30
16120	Soymilk, original and vanilla, unfortified	245	1 cup	4.29
19201	Puddings, vanilla, ready-to-eat	113	4 oz	4.27
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.25
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	4.22
18283	Muffins, oat bran	57	1 muffin	4.22
01123	Egg, whole, raw, fresh	44	1 medium	4.18
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	4.17
16112	Miso	68.75	1 cup	4.13
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	4.10
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	4.07
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4.03
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.01
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.98
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	3.96
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.92
18110	Cake, fruitcake, commercially prepared	43	1 piece	3.91
05286	Turkey and gravy, frozen	142	5-oz package	3.73
20011	Buckwheat flour, whole-groat	120	1 cup	3.72
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.71
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.70
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	3.70
15077	Fish, salmon, chinook, smoked	85.05	3 oz	3.67
19040	Snacks, popcorn, cheese-flavor	11	1 cup	3.65
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.64
18268	French toast, frozen, ready-to-heat	59	1 slice	3.60
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3.60
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	3.56
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	3.54
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	3.52
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.47
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	3.41
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	3.40
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	3.38
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.37
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	3.34
20110	Noodles, egg, cooked, enriched	160	1 cup	3.31
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	3.30
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	3.28
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.28
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	3.22
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	3.20
19088	Ice creams, vanilla, light	66	1/2 cup	3.19
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	3.17

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.17
12167	Nuts, chestnuts, european, roasted	143	1 cup	3.15
11159	Coleslaw, home-prepared	120	1 cup	3.13
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	3.10
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	3.10
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	3.10
18229	Crackers, standard snack-type, regular	12	4 crackers	3.10
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3.07
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	3.01
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.01
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	3.00
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	3.00
20080	Wheat flour, whole-grain	120	1 cup	3.00
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	3.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	2.95
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	2.93
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	2.93
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	2.90
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbs	2.90
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	2.89
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	2.87
22401	Spaghetti with meat sauce, frozen entree	283	1 package	2.86
09039	Avocados, raw, Florida	28.35	1 oz	2.85
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	2.84
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	2.82
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	2.81
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	2.78
18360	Taco shells, baked	13.3	1 medium	2.77
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.76
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	2.73
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.72
18134	Cake, sponge, prepared from recipe	63	1 piece	2.71
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	2.70
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.65
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	2.61
07073	Sandwich spread, pork, beef	15	1 tbs	2.60
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	2.56
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.52
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.51
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	2.51
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	2.50
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.49
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.48
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	2.45

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18353	Rolls, hard (includes kaiser)	57	1 roll	2.45
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.44
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.43
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.42
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	2.42
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	2.42
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.41
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	2.41
18027	Bread, egg	40	1/2" slice	2.40
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	2.37
01056	Cream, sour, cultured	12	1 tbsp	2.37
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	2.37
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	2.35
09193	Olives, ripe, canned (small-extra large)	22	5 large	2.35
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	2.33
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	2.33
20005	Barley, pearled, raw	200	1 cup	2.32
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	2.31
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	2.29
20083	Wheat flour, white, bread, enriched	137	1 cup	2.27
18214	Crackers, cheese, regular	10	10 crackers	2.27
18235	Crackers, whole-wheat	16	4 crackers	2.26
21139	Fast foods, potato, mashed	80	1/3 cup	2.26
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	2.21
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	2.18
07027	Ham, chopped, not canned	21	2 slices	2.16
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.16
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	2.14
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.10
19104	Candies, fudge, vanilla with nuts	15	1 piece	2.05
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	2.05
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	2.01
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.00
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	2.00
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	1.99
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.99
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.98
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.98
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	1.98
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	1.93
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.93
18177	Cookies, molasses	15	1 cookie, medium	1.92
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.91
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	1.90

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06174	Soup, stock, fish, home-prepared	233	1 cup	1.89
20034	Oat bran, cooked	219	1 cup	1.88
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	1.88
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	1.88
18003	Bagels, egg	89	4" bagel	1.87
20012	Bulgur, dry	140	1 cup	1.86
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.86
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1.85
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	1.81
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.81
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.80
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.77
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.77
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	1.76
20037	Rice, brown, long-grain, cooked	195	1 cup	1.76
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	1.73
01049	Cream, fluid, half and half	15	1 tbsp	1.73
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1.69
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.67
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1.65
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.62
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.62
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.61
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.59
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.58
07017	Chicken roll, light meat	56.7	2 slices	1.55
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	1.54
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.52
18005	Bagels, cinnamon-raisin	89	4" bagel	1.51
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.50
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.50
18003	Bagels, egg	71	3-1/2" bagel	1.49
19097	Sherbet, orange	74	1/2 cup	1.48
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.48
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	1.48
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.48
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.47
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.47
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.44
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	1.44

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.44
01032	Cheese, parmesan, grated	5	1 tbsp	1.43
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.41
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.41
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.41
18232	Crackers, wheat, regular	8	4 crackers	1.39
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	1.39
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.38
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.38
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.38
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	1.37
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	1.37
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.37
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	1.36
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	1.35
16158	Hummus, commercial	14	1 tbsp	1.34
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.34
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	1.32
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.32
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.31
20100	Macaroni, cooked, enriched	140	1 cup	1.30
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.30
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.30
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.28
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.26
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	1.25
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.25
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.23
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	1.23
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.22
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.22
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.21
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.21
18040	Bread, oatmeal, toasted	25	1 slice	1.20
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.20
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	1.19
18039	Bread, oatmeal	27	1 slice	1.19
20084	Wheat flour, white, cake, enriched	137	1 cup	1.18
18170	Cookies, fig bars	16	1 cookie	1.17
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.16
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.16
18048	Bread, raisin, toasted, enriched	24	1 slice	1.15
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.15
18047	Bread, raisin, enriched	26	1 slice	1.14

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.13
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.13
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.13
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.12
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.11
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.11
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.11
20028	Couscous, dry	173	1 cup	1.11
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	1.10
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	1.10
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.10
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.09
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.09
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.08
11461	Spinach, canned, regular pack, drained solids	214	1 cup	1.07
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.06
18060	Bread, rye	32	1 slice	1.06
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.05
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.05
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.04
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.04
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	1.04
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.02
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.02
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1.01
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	1.00
15141	Crustaceans, crab, blue, canned	135	1 cup	1.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.99
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.99
18044	Bread, pumpernickel	32	1 slice	0.99
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.99
18045	Bread, pumpernickel, toasted	29	1 slice	0.99
18065	Bread, wheat, toasted	23	1 slice	0.98
18025	Bread, cracked-wheat	25	1 slice	0.98
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.97
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.96
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.96
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.96
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.95
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.94
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.94
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.94
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.94
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.94

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Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.94
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.93
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.92
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.91
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.91
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.90
01072	Dessert topping, pressurized	4	1 tbsp	0.89
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.89
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.88
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.87
18061	Bread, rye, toasted	24	1 slice	0.86
18064	Bread, wheat	25	1 slice	0.86
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.83
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.83
19074	Candies, caramels	10.1	1 piece	0.82
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.82
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.82
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.81
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.81
09302	Raspberries, raw	123	1 cup	0.80
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.80
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.80
09226	Papayas, raw	304	1 papaya	0.79
09176	Mangos, raw	207	1 mango	0.79
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.78
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.77
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.76
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.76
16051	Beans, white, mature seeds, canned	262	1 cup	0.76
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.76
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.76
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.76
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.75
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.75
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.74
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.74
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.73
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.73
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.73
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.72
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.72
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.71
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.71
01069	Cream substitute, powdered	2	1 tsp	0.71
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.71

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Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	244	1 cup	0.71
09042	Blackberries, raw	144	1 cup	0.71
18033	Bread, italian	20	1 slice	0.70
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.70
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.70
09087	Dates, deglet noor	178	1 cup	0.69
20006	Barley, pearled, cooked	157	1 cup	0.69
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.69
11424	Pumpkin, canned, without salt	245	1 cup	0.69
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.68
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.68
18055	Bread, reduced-calorie, wheat	23	1 slice	0.67
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.67
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.67
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.67
18053	Bread, reduced-calorie, rye	23	1 slice	0.67
09298	Raisins, seedless	145	1 cup	0.67
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.67
09277	Plantains, raw	179	1 medium	0.66
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.65
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.65
18220	Crackers, melba toast, plain	20	4 pieces	0.64
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.64
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.64
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.64
09340	Pears, asian, raw	275	1 pear	0.63
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.63
19014	Snacks, fruit leather, rolls	21	1 large	0.63
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.63
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.63
09176	Mangos, raw	165	1 cup	0.63
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.63
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.61
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.61
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.60
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.58
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.58
18057	Bread, reduced-calorie, white	23	1 slice	0.58
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.57
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.57
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.57
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.56
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.56

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20089	Wild rice, cooked	164	1 cup	0.56
13350	Beef, cured, dried	28.35	1 oz	0.55
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.54
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.54
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.54
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.53
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.53
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.53
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.53
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.52
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.52
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.51
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.51
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.51
02007	Spices, celery seed	2	1 tsp	0.51
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.50
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.50
09223	Tangerine juice, canned, sweetened	249	1 cup	0.50
09316	Strawberries, raw	166	1 cup	0.50
09206	Orange juice, raw	248	1 cup	0.50
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.50
09040	Bananas, raw	150	1 cup	0.50
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.49
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.48
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.48
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.48
09050	Blueberries, raw	145	1 cup	0.48
11015	Asparagus, canned, drained solids	72	4 spears	0.47
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.47
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.47
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.47
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.47
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.46
11264	Mushrooms, canned, drained solids	156	1 cup	0.45
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.45
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.45
11206	Cucumber, peeled, raw	280	1 large	0.45
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.45
11821	Peppers, sweet, red, raw	149	1 cup	0.45
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.44
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.44
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.44
11549	Tomato products, canned, sauce	245	1 cup	0.44
20013	Bulgur, cooked	182	1 cup	0.44

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09191	Nectarines, raw	136	1 nectarine	0.44
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.43
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.43
09326	Watermelon, raw	286	1 wedge	0.43
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.43
09236	Peaches, raw	170	1 cup	0.43
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.42
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.42
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.42
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.41
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.41
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.41
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.41
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.41
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.40
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.40
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.40
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.40
18217	Crackers, matzo, plain	28.35	1 matzo	0.40
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.40
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.40
09148	Kiwifruit, green, raw	76	1 medium	0.40
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.39
09040	Bananas, raw	118	1 banana	0.39
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.38
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.37
09207	Orange juice, canned, unsweetened	249	1 cup	0.37
02009	Spices, chili powder	2.6	1 tsp	0.37
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.37
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.37
09226	Papayas, raw	140	1 cup	0.36
19034	Snacks, popcorn, air-popped	8	1 cup	0.36
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.36
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.36
11821	Peppers, sweet, red, raw	119	1 pepper	0.36
09060	Carambola, (starfruit), raw	108	1 cup	0.36
11655	Carrot juice, canned	236	1 cup	0.35
09094	Figs, dried, uncooked	38	2 figs	0.35
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.35
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.35
11954	Tomatillos, raw	34	1 medium	0.35
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.35
18041	Bread, pita, white, enriched	28	4" pita	0.34
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.34
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.34
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.34
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.33

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Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.33
11205	Cucumber, with peel, raw	301	1 large	0.33
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.33
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.33
11090	Broccoli, raw	88	1 cup	0.33
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.33
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.32
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.32
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.32
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.32
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.32
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.31
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.31
19036	Snacks, popcorn, cakes	10	1 cake	0.31
11081	Beets, cooked, boiled, drained	170	1 cup	0.31
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.30
09181	Melons, cantaloupe, raw	160	1 cup	0.30
09060	Carambola, (starfruit), raw	91	1 fruit	0.30
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.30
09055	Blueberries, frozen, sweetened	230	1 cup	0.30
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.30
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.30
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.29
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.28
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.28
09340	Pears, asian, raw	122	1 pear	0.28
11135	Cauliflower, raw	100	1 cup	0.28
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.28
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.28
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.28
09278	Plantains, cooked	154	1 cup	0.28
02015	Spices, curry powder	2	1 tsp	0.28
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.27
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.27
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.27
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.27
02028	Spices, paprika	2.1	1 tsp	0.27
11124	Carrots, raw	110	1 cup	0.26
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.26
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.26
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.26
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.26
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.26
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.25
11333	Peppers, sweet, green, raw	149	1 cup	0.25

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Total lipid (fat) (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.25
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.25
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.25
20029	Couscous, cooked	157	1 cup	0.25
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.25
09404	Grapefruit juice, pink, raw	247	1 cup	0.25
09128	Grapefruit juice, white, raw	247	1 cup	0.25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.25
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.25
09236	Peaches, raw	98	1 peach	0.25
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.24
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.24
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.24
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.24
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.24
11084	Beets, canned, drained solids	170	1 cup	0.24
09184	Melons, honeydew, raw	170	1 cup	0.24
11260	Mushrooms, white, raw	70	1 cup	0.24
09003	Apples, raw, with skin	138	1 apple	0.23
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.23
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.23
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.23
09326	Watermelon, raw	152	1 cup	0.23
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.23
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.23
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.23
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.23
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.23
18086	Cake, angelfood, commercially prepared	28	1 piece	0.22
09184	Melons, honeydew, raw	160	1/8 melon	0.22
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.22
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.22
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.22
11578	Vegetable juice cocktail, canned	242	1 cup	0.22
09200	Oranges, raw, all commercial varieties	180	1 cup	0.22
14181	Chocolate syrup	18.75	1 tbsp	0.21
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.21
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.21
11961	Hearts of palm, canned	33	1 piece	0.20
11143	Celery, raw	120	1 cup	0.20
11641	Squash, summer, all varieties, raw	113	1 cup	0.20
11333	Peppers, sweet, green, raw	119	1 pepper	0.20
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.20
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.20
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.20

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09252	Pears, raw	166	1 pear	0.20
11819	Peppers, hot chili, red, raw	45	1 pepper	0.20
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.20
11206	Cucumber, peeled, raw	119	1 cup	0.19
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.19
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.19
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.19
09266	Pineapple, raw, all varieties	155	1 cup	0.19
09279	Plums, raw	66	1 plum	0.18
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.18
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.18
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.18
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.17
09150	Lemons, raw, without peel	58	1 lemon	0.17
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.17
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.17
11124	Carrots, raw	72	1 carrot	0.17
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.17
09206	Orange juice, raw	86	juice from 1 orange	0.17
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.17
11251	Lettuce, cos or romaine, raw	56	1 cup	0.17
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.17
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.17
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.17
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.17
09087	Dates, deglet noor	41.5	5 dates	0.16
11282	Onions, raw	160	1 cup	0.16
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.16
09200	Oranges, raw, all commercial varieties	131	1 orange	0.16
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.16
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.16
01186	Cheese, cream, fat free	15.6	1 tbsp	0.16
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.16
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.16
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.15
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.15
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.15
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.15
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.14
09004	Apples, raw, without skin	110	1 cup	0.14
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.14
09021	Apricots, raw	35	1 apricot	0.14
09070	Cherries, sweet, raw	68	10 cherries	0.14
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.14
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.14

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06094	Soup, onion, dry, mix	39	1 packet	0.13
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.13
09181	Melons, cantaloupe, raw	69	1/8 melon	0.13
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.12
11540	Tomato juice, canned, with salt added	243	1 cup	0.12
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.12
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.12
11457	Spinach, raw	30	1 cup	0.12
11090	Broccoli, raw	31	1 spear	0.11
11205	Cucumber, with peel, raw	104	1 cup	0.11
09152	Lemon juice, raw	47	juice of 1 lemon	0.11
11112	Cabbage, red, raw	70	1 cup	0.11
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.11
11282	Onions, raw	110	1 whole	0.11
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.11
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.11
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.10
11213	Endive, raw	50	1 cup	0.10
19116	Candies, marshmallows	50	1 cup	0.10
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.10
18226	Crackers, rye, wafers, plain	11	1 wafer	0.10
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.10
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.10
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.09
11081	Beets, cooked, boiled, drained	50	1 beet	0.09
11670	Peppers, hot chili, green, raw	45	1 pepper	0.09
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.09
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.09
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.08
11253	Lettuce, green leaf, raw	56	1 cup	0.08
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.08
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.08
11297	Parsley, fresh	10	10 sprigs	0.08
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.08
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.08
09294	Prune juice, canned	256	1 cup	0.08
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.07
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.07
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.07
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.07
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.07
02029	Spices, parsley, dried	1.3	1 tbsp	0.07
11945	Pickle relish, sweet	15	1 tbsp	0.07
11109	Cabbage, raw	70	1 cup	0.07
11114	Cabbage, savoy, raw	70	1 cup	0.07

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.07
02030	Spices, pepper, black	2.1	1 tsp	0.07
11143	Celery, raw	40	1 stalk	0.07
09298	Raisins, seedless	14	1 packet	0.06
02027	Spices, oregano, dried	1.5	1 tsp	0.06
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.06
11955	Tomatoes, sun-dried	2	1 piece	0.06
11364	Potatoes, baked, skin, without salt	58	1 skin	0.06
01124	Egg, white, raw, fresh	33.4	1 large	0.06
11445	Seaweed, kelp, raw	10	2 tbsp	0.06
09316	Strawberries, raw	18	1 strawberry	0.05
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.05
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.05
16055	Carob flour	8	1 tbsp	0.05
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.05
19294	Fruit butters, apple	17	1 tbsp	0.05
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.05
11935	Catsup	15	1 tbsp	0.05
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.05
06150	Sauce, barbecue	15.75	1 tbsp	0.05
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.04
19350	Syrups, corn, light	20	1 tbsp	0.04
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.04
11457	Spinach, raw	10	1 leaf	0.04
11740	Broccoli, flower clusters, raw	11	1 floweret	0.04
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.04
11135	Cauliflower, raw	13	1 floweret	0.04
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.04
11943	Pimento, canned	12	1 tbsp	0.04
09316	Strawberries, raw	12	1 strawberry	0.04
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.04
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.04
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.04
02055	Horseradish, prepared	5	1 tsp	0.03
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.03
11084	Beets, canned, drained solids	24	1 beet	0.03
20068	Tapioca, pearl, dry	152	1 cup	0.03
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.03
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.03
02010	Spices, cinnamon, ground	2.3	1 tsp	0.03
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.03
09160	Lime juice, raw	38	juice of 1 lime	0.03
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.03
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.02
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.02
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.02
11284	Onions, dehydrated flakes	5	1 tbsp	0.02
11156	Chives, raw	3	1 tbsp	0.02

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02026	Spices, onion powder	2.1	1 tsp	0.02
02020	Spices, garlic powder	2.8	1 tsp	0.02
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.02
11935	Catsup	6	1 packet	0.02
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.02
11333	Peppers, sweet, green, raw	10	1 ring	0.02
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.02
11253	Lettuce, green leaf, raw	10	1 leaf	0.02
11215	Garlic, raw	3	1 clove	0.02
11226	Jerusalem-artichokes, raw	150	1 cup	0.02
19108	Candies, jellybeans	28.35	10 large	0.01
19297	Jams and preserves	20	1 tbsp	0.01
11282	Onions, raw	14	1 slice	0.01
11960	Carrots, baby, raw	10	1 medium	0.01
19107	Candies, hard	6	1 piece	0.01
19353	Syrups, maple	20	1 tbsp	0.01
02045	Dill weed, fresh	1	5 sprigs	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
11677	Shallots, raw	10	1 tbsp	0.01
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.01
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.01
19107	Candies, hard	3	1 small piece	0.01
11429	Radishes, raw	4.5	1 radish	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
19300	Jellies	19	1 tbsp	0.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
19296	Honey	21	1 tbsp	0.00
14277	Grape drink, canned	250	8 fl oz	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.00
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.00
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	0.00
14429	Water, tap, municipal	237	8 fl oz	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
02047	Salt, table	6	1 tsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.00
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.00
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.00
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00